

# Practical EQ Supply Tips

Earthquake kits are not sacred. You can use them any time - and you should. The more often you use and replace the items in your kit, the more likely they will be in good working order when a disaster strikes.

Donate canned food to a local charity, once a year, and replace your own food.

Donate batteries, once a year, to Toys for Tots or other charities and restock your kit with fresh ones.

Store individual bottled water (1 case per person) and use them regularly. Replace cases, as needed, placing the newest on the bottom.

When you get a new pair of glasses, put the old ones in your earthquake kit.

When you buy a new pair of tennis shoes, put the old ones in your earthquake kit or under your bed.

Keep a five day supply of any important medications with you at all times. Each time you refill the prescription, change the pills in your emergency supply.

Think about this...If you can't get into your home for three days, what supplies will you want to have to reduce inconvenience and make you more comfortable? People are different. Some go camping and sleep on the ground under the stars. Some go camping and sleep in a large recreational vehicle with a satellite dish. Your level of preparedness is up to you!